

NAMI Family to Family EDUCATION PROGRAM

FREE Education & Support for Families Who Have Relatives with Brain Disorders

(Mental Illness)

Attend with other family members just like you in a confidential setting; learn how families unite together against this disability; find the keys to successful communication with your relative; take a fascinating look inside some of today's current research on brain disorders; learn all about the biology of the brain disorders known as mental illness.

The Keys to Understanding: The NAMI Family-to-Family Education Program is an 11-week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished at no cost to you. The curriculum focuses on schizophrenia, bipolar disorder (manic depression), major depression, borderline personality disorder, panic disorder, obsessive-compulsive disorder (OCD) and co-occurring brain disorders and addictive disorders. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

The Family-to-Family Course Topics Include:

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes, sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop
6. Medical review
7. Empathy workshop - what it is like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation, services available
11. Advocacy; fighting stigma. Review and certification ceremony

CLASSES START:

Tuesday, September 15, 2009, 6:00-8:30 PM

Lake Pend Oreille High School - (Lincoln Bldg.)

1005 N. Boyer Avenue - Sandpoint, ID

TO REGISTER for class, call:

Ruth: 265-8596 or NAMI Far North: 597-2047

Classes fill up quickly, so [please register early](#).